Unit (7) Technology and the future

Lessons (1&2)

word	meaning	word	meaning
app	تطبيق	solar panels	ألواح / خلايا شمسية
motorbike	موتوسكل	speed	سرعه
helicopter	هليكوبتر	delivery	طلب توصيل
headphone	سماعه اذن	businesses	أعمال تجارية
translate	يترجم	invention	اختراع
jacket	جاكيت	language	لغة
weather	الطقس	half	نصف
change	يغير / يحول	push into	يدفع الى
roads	طرق	shopping	التسوق
electricity	الكهرباء	online	عبر الانترنت
the same	نفس الشيء	choice	اختيار
clothes	ملابس	pollution	تلوث
wrong	خطأ	real	حقيقي
try	يحاول / يجرب	waste	يضيع
cafes	مقاهي	airport	مطار
amazing	مذهل	friendly	ودود

Definitions

app	a small computer program that you can use on a mobile or another electronic device تطبيق على الكمبيوتر او الموبايل
motorbike	a form of transport with two wheels and an engine (موتوسكل) دراجه نارية
translate	change words into a different language يترجم
headphones	a piece of equipment that you wear over your ears to listen to music without anyone else hearing سماعات الأذن
helicopter	a form of transport that flies using long, thin parts on top of it that turn round and round very quickly (هيلكوبتر) طائرة مروحية

Words and expressions

make warmer	يجعله أكثر دفئاً	make electricity	ينتج كهرباء
translate into	يترجم الى	at the same time	في نفس الوقت
change into	يحول الى	push into air	يدفع للهواء
drive on	يقود على	at the speed of	بسرعه كذا...
stay at home	يبقى في المنزل	save time	يوفر الوقت
in a few minutes	في خلال دقائق قليلة	spend (time) travelling	يقضي وقت في السفر
have choice	لديه اختيار	do the shopping	يقوم بالتسوق او الشراء
on the road	على الطريق	go shopping	يذهب للتسوق
waste time	يضيع الوقت	don't worry	لا تقلق
wait for	ينتظر	looks cool	يبدو رائع
arrive in	يصل الى مكان كبير	fly high	يطير لأعلى
useful for	مفيد لـــ	good for	مفيد - مناسب لـــ

Confusing words

device	جهاز / أداة	advice	نصيحه
form	شكل / استمارة	farm	مزرعه
engine	محرك / موتور	engineer	مهندس
part	جزء	port	ميناء
weather	الطقس	whether	اذا / سواء
cold	بارد	cool	رائع
save	يوفر / يدخر / ينقذ	safe	آمن
pollution	تلوث	population	تعداد السكان
cafe	مقهى	coffee	قهوة

Words and opposites

clever	ماهر	lazy	كسول
hot	حار	cold	بارد
strong	قوي	weak	ضعيف
fast	سريع	slow	بطيء
online	عبر الانترنت	offline	غير متصل
few	قليل للعدد	many	كثير للعدد
wrong	خطأ	right	صحيح
waste	يهدر / يضيع	save	يوفر
close	يغلق	open	يفتح
friendly	ودود	unfriendly	غير ودود
good	جيد	bad	سيء

Irregular verbs

مصدر	ماضي	تصريف ثالث	
make	made	made	يصنع
drive	drove	driven	يقود
spend	spent	spent	يقضي / ينفق
buy	bought	bought	يشتري
see	saw	seen	يري

Ze English Notes

1. Translate from......into...... يترجم من .... الى

He can translate from Arabic into English.

2. invention اختراع / **discovery** اكتشاف / **invitation** دعوة

The mobile is a great invention.
The femtosecond is a useful discovery.
I will accept his invitation for dinner.

3. go shopping يذهب للتسوق / do the shopping يقوم بالشراء أو التسوق

I go shopping every Friday.
I will do all my shopping online.

4. spend / waste + وقت + V + ing يقضي أو يضيع وقت / take + وقت + to + مصدر

I spent 2 hours playing football.
I don't like to waste time waiting for the bus.
I took an hour to finish my work.

5. prefer + v + ing يفضل / would prefer + to + مصدر

I prefer watching films at night.
I would prefer to watch films at night.

6. have : free time لدية وقت فراغ / a choice لديه اختيار

I have much free time, I can go with you.
Do they have another choice?

7. save time يوفر الوقت / save money يدخر او يوفر مال

Online shopping saves time and money.

8. spend time يقضي وقت / spend money on ينفق مال على

He spent much time playing computer games.
He spent much money on clothes and food.

Reading (1)

Shopping online- Yes or No?

Injy - I love online shopping!

Shopping online is great! Firstly, it saves my time. I don't want to spend lots of time travelling to the shops. I can stay at home and buy the things I want in a few minutes. Secondly, I have more choice online. Also, if more people shop online, there will be fewer cars on the road and less pollution! I will do all my shopping online when I am older.

Baher - I prefer going to real shops in my city

Every time I buy clothes online, the thing that I buy is wrong! At a shop, I can see what I am buying and I can try it first. Also, I don't like to waste time waiting for a delivery - I want things now! If everyone shops online, the shops in our town and cities will close. If they close, then lots of other businesses like cafes will close, too.

Reading (2)

1. This clever jacket uses an app to make you warmer when the weather is cold.

2. When these headphones hear another language, they can translate it into your language.

3. Change roads into solar panels!
This invention uses strong glass that you can drive on and make electricity at the same time.

4. IS it a motorbike? Is it a helicopter?
No, this invention is half-motorbike and half - helicopter! It can push you into the air at the speed of a fast car!

Listening Text

1. Narrator	:	Hatem
Hatem	:	Wow! that looks so cool! I am sure It is very useful though? It won't be able to fly very high, will it?
2. Narrator	:	Manal
Manal	:	I think lots of people will want to buy one of these, they will be very useful for travelling. It won't help people to speak other languages though, will it? It is only good for listening.
3. Narrator	:	Tarek
Tarek	:	I think this is a good idea for people in cold places. It won't be very useful for me though! Maybe they will make one to make people feel cooler! That would be good here in the summer!
4. Narrator	:	Sawsan
Sawsan	:	I think that is an amazing invention. I hope they will build lots of these in Egypt. We have lots of sun and we could make lots of electricity.

1. Choose the correct answer from a, b, c or d

1. An.............is a small computer program that we can use on a mobile or electronic devices.
a. port b. app c. clap d. sap
2. To...................is to change words into another language.
a. state b. transport c. feed d. translate
3. A....................has two wheels and an engine.
a. car b. motorbike c. bike d. ship
4. A...................is a piece of equipment that we wear over our ears to listen to music.
a. tablet b. headphone c. glasses d. DVD player
5. A...............is kind of plane that uses long thin parts on its top that turn round quickly.
a. plane b. rocket c. helicopter d. spaceship
6. I don't have many.....................This is the only solution.
a. equipment b. choices c. advice d. information
7. Let's.....................our shopping tomorrow.
a. go b. do c. spends d. makes
8. The clever jacket uses an...........to make you warmer.
a. app b. button c. number d. suggestion
9. The headphone can..................Arabic into English.
a. write b. transport c. translate d. feed
10. Changing roads into.............panels is a great invention.
a. moon b. water c. plastic d. solar
11. ....is dangerous and damages the environment.
a. Books b. Pollution c. Cars d. trains
12. If you..................your time, you will regret.
a. save b. waste c. manage d. benefit
13. Lots of other............like cafes will close if we shop online.
a. businesses b. ports c. inventions d. information
14. The plane will ....in England at 11 o'clock.
a. get b. arrive c. reach d. arriving
15. I would prefer......................abroad.
a. travel b. travels c. travelling d. to travel
16. He spent his time.....................the internet.
a. surf b. surfing c. to surf d. surfs
17. The internet is a great...........................
a. invent b. discover c. discovery d. invention
18. The opposite of "save" is..........................
a. safe b. wear c. waste d. wait
19. The..........of the car is strong.
a. engine b. wings c. engineer d. rocks
20. We asked for food, but the..................man was late because of the rain.
a. delivery b. iron c. green d. wise

Language

A. future with " will " المستقبل باستخدام

١ - يتكون المستقبل البسيط كالاتي

فاعل + will + مصدر ....?

He will travel next year.
They will buy a car.

٢ - في حاله النفي نضع (not)

He will not / won't visit his uncle.
She won't sell her car.

٣ - في حالة السؤال بمعنى هل يكون الشكل كالاتي

Will + فاعل + مصدر ....?

Will you buy a new mobile?
Yes, I will.
No, I won't.

٤ - في حاله السؤال الذي يبدأ بأداة استفهام يكون الشكل كالاتي

أداة استفهام + Will + فاعل + مصدر ....?

1. What will they do tomorrow?

They will play football.

2. Where will he stay?

He will stay in Cairo.

٥- علامات واستخدامات المستقبل مع (will)

١ - للتعبير عن التنبؤ بدون دليل وكذلك التوقع والاحتمال مع كلمات مثل

think	hope	expect	predict / promise
maybe	probably	perhaps	I am sure

1. It will probably take 2 hours to do the operation.
2. I will give you some money. This is a promise.
3. I think, It will rain tomorrow.
4. I am sure, she won't help you.

٢ - التعبير عن حقيقة في المستقبل مثل التعبير عن العمر او السن

My daughter will be 7 years old next month.

Exercises on language

1. Choose the correct answer from a, b, c, or d

1. They hope that they....................win the match.
a. will b. are c. had d. has
2. My father......................74 next year.
a. will be b. is being c. is going to be d. are going
3. It...................probably rain.
a. had b. have c. has d. will
4. What will.................if you have much money?
a. happens b. happened c. happening d. happen
5. They will travel.........................
a. last week b. yesterday c. next week d. two days ago
6. Will you visit Aswan? Yes, I ....
a. would b. will c. wont d. do
7. I promise that I ....buy you a mobile.
a. will b. am c. have d. are
8. Do you think it............................hot?
a. will be b. is been c. are going d. can been
9. I expect that she...........................be a doctor.
a. is b. have c. has d. will
10. I promise..................them.
a. will help b. to help c. helped d. helps

2. Complete the sentences with the correct form:

1. Will they stay in Cairo? - Yes, they................(won't).
2. I think, It will.........................(rains) tomorrow.
3. Where................(did) you travel next week?
4. My sister................(would) be 30 next year.
5. I hope...................(will win) the next competition.

B. The first conditional حاله الشرط الأولى

١ - تتكون الحاله الاولى من اسلوب الشرط كالاتي

If + فاعل + مضارع بسيط, فاعل + will / won't + مصدر

If he arrives early, he will catch the bus.
If she doesn't study hard, she won't get high marks.

٢ - يمكن أن نستخدم (when)بدلا من (If) في الحالة الأولى بمعنى عندما

If he arrives, we will go out.
When he arrives, we will go out.

٣ - يمكن أن تأتي (if) في وسط الجملة ويكون الشكل كالاتي

فاعل +will / won't + مصدر if + فاعل + مضارع بسيط

We won't catch the bus if we don't leave now.

٤ - في حالة السؤال بمعنى هل يكون الشكل كالاتي

Will + فاعل + مصدر if + فاعل + مضارع بسيط ?

Will you buy a car if you are rich?
Yes, I will.
No, I won't.

٥ - في حاله السؤال بأداة استفهام يكون الشكل كالاتي

أداة استفهام + will + فاعل + مصدر if + فاعل + مضارع بسيط ?

What will happen if he studies hard?
He will get high marks if he studies hard.

Exercises on language

1. Choose the correct answer from a, b, c, or d

1. If Ali..................hard, he will get high marks.
a. study b. studied c. studying d. studies
2. I will.......................you a tablet if you are clever.
a. bought b. buy c. buys d. buying
3. What will happen if she......................late?
a. arrives b. arrived c. arriving d. arriving
4. They.....................go to the beach if is it very cold.
a. will b. would c. wouldn't d. won't
5. If he arrives early,.......................catch the bus?
a. he will b. will he c. he would d. would he
6. If Mona wins the prize, I will..........................happy for her.
a. been b. being c. be d. am
7. ....you drive a car if you are old?
a. Would b. Will c. Are d. Had
8. If he helps them, they.......................pass the exam.
a. would b. will c. have d. are
9. Study hard or you will ....
a. fail b. fails c. failed d. failing
10. Basant ....angry if you insult her.
a. will be b. would be c. had been d. have been

2. Complete the sentences with the correct form:

1. If you..........(doesn't) play well, you will lose.
2. What will............(happens) if he comes late?
3. Study hard or you..........(will) succeed.
4. When he................(arrived), we will have lunch.
5. If he has money,.............(he will) buy a car?

انتظروا المزيد ان شاء اللّه

على قناة

Ze English - حماده حشيش

Lessons (3&4)

word	meaning	word	meaning
addicted	مدمن	horrible	سيء جدا / فظيع
disappear	يختفي	lever	مقبض / رافعه
explore	يستكشف	social media	وسائل تواصل اجتماعى
headache	صداع	by mistake	بالخطا
impossible	مستحيل	pull	يسحب
machine	آله	website	موقع
communicate	يتواصل	hurt	يؤذي
share	يشارك	online	عبر الانترنت
towards	نحو / باتجاه	games	ألعاب
clothes	ملابس	worried	قلق
technology	تكنولوجيا	check	يفحص
group	مجموعه	problem	مشكلة
model	نموذج	strange	غريب
space	فضاء	copy	نسخة / ينسخ
laugh	يضحك	suddenly	فجأة
believe	يعتقد	through	من خلال / عبر

Definitions

addicted	liking something so much that you do not want to stop doing it or having it مدمن
disappear	to become impossible to see any longer. يختفي
explore	to travel around an area in order to find out about it يستكشف
headache	a pain in your head صداع
horrible	very bad or not nice فظيع / سيء جدا
lever	a stick or handle on a machine that you move to make it work. مقبض
social media	websites and programs that allow people to communicate and share information on the internet. وسائل التواصل الاجتماعي
by mistake	something you do without intending to بالخطأ
pull	hold something and move it towards you يسحب

Words and expressions

sleep very well	ينام جيدا	on the phone	في التليفون
on the internet	على الانترنت	feel worried	يشعر بالقلق
spend money	ينفق مال	become a problem	تصبح مشكلة
talk to	يتحدث الى	looks strange	يبدو غريبا
a good idea	فكرة جيده	feel sad	يشعر بالحزن
play online	يلعب على الانترنت	it is possible to	من الممكن أن
addicted to	مدمن على	a model of	نموذج لــ
meet for dinner	يتقابل على العشاء	a copy of	نسخه من
travel through time	يسافر عبر الزمن	move towards	يتحرك نحو

Confusing words

well	جيدا	will	سوف
hurt	يؤذي - يجرح	heart	قلب
cost	تكلفة	coast	الساحل
feel	يشعر	fall	يقع
strange	غريب	strong	قوي
through	خلال	throw	يرمي
model	نموذج	medal	ميدالية

Words and opposites

well	جيدا	badly	بشكل شيء
love	يحب	hate	يكره
sad	حزين	happy	سعيد
before	قبل	after	بعد
disappear	يختفي	appear	يظهر

Irregular verbs

مصدر	ماضي	تصريف ثالث	
meet	met	met	يقابل
show	showed	shown	يوضح / يبين
feel	felt	felt	يشعر
sleep	slept	slept	ينام
hurt	hurt	hurt	يجرح / يؤذي

Ze English Notes

1. too (أيضا (في اخر الاثبات / either (أيضا (في اخر النفي

I like fish. He likes fish, too.
She doesn't watch TV, either.

2. looks / sounds + صفة يبدو......

His hair looks strange.
They don't sound like good friends.

3. It is + صفة + to / not to + مصدر

It is important not to become lazy.

4. make + مفعول + مصدر

He will make us do homework again.

5. allow + مفعول + to + مصدر

He will allow us to do homework again.

Reading (1)

The Time Machine

By H G Wells

London, England, 1895

A group of friends meet for dinner at the Time Traveller's house. After dinner, the Time Traveller asks his friends if they think that it is possible to travel through time.
" It's impossible!" they reply, " We can only travel through space, not time". The Time Traveller shows them a small model of a machine that he has in his hand.
" This is a copy of a machine that I believe can go through time. It took me two years to build", he tells them. The friends laugh.
" Pull this lever," he tells one of them.
They feel some wind and then the machine suddenly disappears!
" Where is it?" the other men ask.
" The model machine is in the future," the Time Traveller says. " Would you like to see the real machine?" he asks.
He takes them to another room. Inside the room is another, bigger machine. It is not finished.
" In this machine," he says " I will explore the past and future!"

Listening Text

1. Narrator Shady	Shady I am not sleeping very well at the moment. I usually watch some videos on the internet before I go to sleep but sometimes I watch them for a few hours and then I can't sleep. My head often hurts lots in the morning too.
2. Narrator Hala	Hala I found this great online game but I didn't know that when I got new things on it, It costs real money! I hope my parents aren't going to be angry when I tell them how much money I spent.....
3. Narrator Randa	Randa I love social media, I love watching videos online and I love talking to my friends on my phone. But now, I feel worried if I don't have my phone or I can't check it. I think it is starting to become a problem.
4. Narrator Adam	Adam My friends and I like to put funny pictures online but when I share a photo, everyone says my clothes are not cool or my hair looks strange . It makes me feel sad.

1. Listen and choose the correct answer from a, b, c, or d

1. What does Randa love?
a. social media b. football c. handball d. drawing
2. What does she like watching online?
a. videos b. games c. films d. books
3. Who does she talk to on her mobile?
a. sisters b. fathers c. mothers d. friends
4. Is she addicted to social media?
a. Yes, she is b. No, she isn't c. I don't know d. I am not sure

2. Choose the correct answer from a, b, c or d

1. ....means liking something so much.
a. Hating b. Dislike c. Addicted d. Sad
2. To hold something and move it towards you means...................
a. feed b. pull c. hit d. shave
3. By....................means without intending to.
a. mistake b. plane c. bus d. cake
4. ....is to become impossible to see any longer.
a. Appear b. Stay c. Save d. Disappear
5. To travel around an area to find out about it means...................
a. import b. export c. explore d. explode
6. A pain in your head means............................
a. toothache b. headache c. knee ache d. singing
7. ....means very bad.
a. Horrible b. Nice c. Amazing d. Interesting
8. Websites and programs that allow people to communicate on the internet mean social........
a. idea b. media c. book d. train
9. A................is a stick or handle on a machine that you move to make it work.
a. liver b. lever c. clever d. brave
10. It is.......................to travel through time.
a. impossible b. easy c. ancient d. modern
11. This is a................of the machine. It is not real.
a. model b. medal c. true d. metal
12. Don't worry, I have another................of the key, we can use it.
a. copy b. cup c. mug d. fig
13. Pull the.....................to make this machine work.
a. heart b. lever c. wall d. hole
14. Social media allows us..................with others.
a. communicate b. communicated c. to communicate d. communicates
15. How much...................did you spend on this book?
a. food b. clothes c. money d. pounds

16. I don't have internet so I can't play....................games.

a. offline b. online c. light d. weight

17. My father doesn't like modern technology,..................

a. too b. also c. either d. neither

18. Some people become..................to technology.

a. addicted b. addiction c. addict d. addicts

19. During exams, you must turn your mobile....................

a. of b. off c. on d. in

20. The opposite of "impossible" is....................

a. possible b. true c. bad d. funny

Language

If / when + should / shouldn't

١ - اعطاء النصيحه باستخدام

If / When + فاعل + مضارع بسيط , فاعل + should / shouldn't + مصدر

If you visit Cairo, You should go to the Pyramids.
When you have an exam, you shouldn't waste your time.

٢ - يمكن أن تأتي (if / when) في وسط الجملة

فاعل + should / shouldn't + مصدر ... If / When + فاعل + مضارع بسيط

You shouldn't walk in the sun if it is hot.
You should help your friend when he needs help.

٣ - في حاله السؤال بمعنى هل يكون الشكل كالاتي

Should + فاعل + مصدر if / when + فاعل + مضارع بسيط ?

Should he study hard if he has an exam?
Yes, he should.

٤ - وفي حالة السؤال الذي يبدأ بأداة استفهام يكون الشكل كالاتي

أداة استفهام + Should / shouldn't + فاعل + مصدر if / when + فاعل + مضارع بسيط ?

1. What should you do when you feel ill?
I should see a doctor.

2. What shouldn't you do if you have an exam?
I shouldn't waste my time.

Exercises on language

1. Choose the correct answer from a, b, c, or d

1. You..............study hard if you have an exam.
a. should b. shouldn't c. mustn't d. won't
2. What should they.......................when they are in Luxor?
a. do b. does c. did d. doing
3. You should help the poor if you....................rich.
a. have b. had c. has d. are
4. She.....................study hard if she wants to get high marks.
a. should b. shouldn't c. mustn't d. haven't
5. Children..................play in the street when it is very hot.
a. should b. shouldn't c. must d. doesn't
6. If you..............know the answer, you should ask your teacher.
a. doesn't b. isn't c. hasn't d. don't
7. Mona should call the ambulance......................she sees an accident.
a. if b. when c. whose d. A & B

2. Complete the sentences with the correct form:

1. when you have work, you.................(should) stay up late.
2. If she is ill, she should...................(goes) to a doctor.
3. What.................(are) they do if they have a problem?
4. ....(where) you are fat, you shouldn't eat many sweets.
5. Ali should............(has) happy if he wins the competition.



Lessons (5&6)

word	meaning	word	meaning
debate	جدال	loud	عالي
games	ألعاب	enough	كافي
agree	يوافق	damage	يدمر / يتلف
problem	مشكلة	outside	خارج
opinion	رأي	hearing	السمع
idea	فكرة	exercise	تمرين
though	بالرغم من	order	طلب / أمر
quiet	هاديء	change	يغير
fine	جيد	faithful	مخلص
check	يراجع	website	موقع
screen	شاشة	aged	في عمر
headache	صداع	by mistake	بالخطأ
look forward to	يتطلع الى	hands	عقارب الساعة
correct	صحيح	seconds	ثواني
find out	يعرف	Ancient Egypt	مصر القديمة
a watch	ساعة يد	sundials	ساعات شمسية
clock	منبه	position	وضع / مكان
Damascus	دمشق	scientist	عالم
maps	خرائط	directions	اتجاهات
ill	مريض	medicine	دواء
look after	يعتنى بـ	special	خاص / مميز

Words and expressions

bad for	سيء / ضار بـ	on screens	أمام الشاشات
do you think ?	هل تعتقد	have eye problems	لدية مشاكل في العين
in my view	في وجهه نظري	listen to music	يستمع الى الموسيقى
in my opinion	في رأيي	damage hearing	يدمر السمع

help you to learn	يساعدك في تعلم	spend hours playing	يقضي ساعات في لعب
at night	بالليل	doing exercises	ممارسة تمارين
I agree	أوافق	look forward to + ing	يتطلع الى
it is a good idea	انها فكرة جيدة	was damaged	تالف
in the evening	في المساء	Yours faithfully	المخلص لك
find out time	يعرف الوقت	by mistake	بالخطأ
either... or	إما......أو	on the website	على الموقع
in the past	في الماضي	children aged 9	الأطفال في عمر ٩
in Ancient Egypt	في مصر القديمة	invented a watch	اخترع ساعه
the position of	موقع	had three hands	لها ثلاث عقارب
tell the time	يخبر الوقت	sit at a computer	يجلس امام الكمبيوتر
take medicine	يأخذ الدواء	give directions	يعطى اتجاهات
see a doctor	يذهب للدكتور	are lost	يتوه

Confusing words

though	بالرغم من	through	من خلال
quiet	هادىء	quite	الى حد ما
hours	ساعات	ours	ملكنا
week	اسبوع	weak	ضعيف

Words and opposites

small	صغير الحجم	big	كبير الحجم
modern	حديث	old	قديم
special	خاص	public	عام
after	بعد	before	قبل
late	متأخر	early	مبكرا
bad	سيء	good	جيد

Irregular verbs

مصدر	ماضي	تصريف ثالث	
sleep	slept	slept	ينام
teach	taught	taught	يعلم
get	got	got	يحصل على
tell	told	told	يخبر

Ze English Notes

1. Look forward to + ing / اسم يتطلع الى / يتمنى

I am looking forward to hearing from you.

2. help + مفعول + مصدر / to + مصدر

He helped me do my homework.
He helped me to do my homework.

3. listen to يستمع الى شيء / hear يسمع دون قصد

I will listen to some music.
I hear them talking now.

4. either......or .... إما .... أو

I use either a watch or mobile to know the time.

Reading (1)

The dangers of technology

Sleep	Many people text, check social media or watch videos online late into the night. Then they don't get enough sleep.
Eye Problems	If you spend a lot of time on screens, you can have eye problems and headaches.

Ear problems	Listening to loud music or films through headphones can damage your hearing.
Exercise	Many people spend hours playing video games or watching TV and don't spend enough time outside doing exercise .

Listening Text

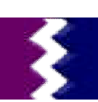
Debate about : All computer games are bad for you

Hanan	:	Do you think that all computer games are bad for you, Lama?
Lama	:	In my view, not all computer games are bad. Some of them can help you to learn things.
Hanan	:	I agree. If you don't play computer games all the time, it shouldn't be a problem.
Lama	:	In my opinion, playing games late at night stops you sleeping.
Hanan	:	I agree. It is not a good idea to play games late at night though.
Lama	:	Yes, It's a good idea to only play quiet, calm games in the evening.
Hanan	:	If you only play games that teach you things in the evening, it should be fine.

Videoscript

Narrator What do you use when you want to find out the time?
Do you use a watch or do you use a clock?
These clocks either use numbers to tell the time or they use hands. These hands show hours, minutes and seconds. But how did people know the time in the past? In Ancient Egypt, people used sundials. Sundials use position of the sun to tell the time.
Then, in the year 1524, a scientist from Damascus called Taqi al-Din invented a watch that looked like watches of today. It had three hands to show hours, minutes and seconds. It was also small, so people could carry it with them.
But watches today don't only tell you the time. Some watches will say that you should do exercise if you are sitting at a computer for a long time! And some have apps, such as maps, that will give you directions if you are lost. What will the watches of the future be like? Some will be like modern mobile phones. If someone calls you, you will be able to see them on a special video screen.
And some will look after your health. They will tell you what medicine you should take if you are ill, or that you should see a doctor.

Exercises on vocabulary



1. Complete the following dialogue:

Basant : Can I ask you some question?
Mohamed : Yes, of (1)..............................
Basant : Do you think all computer games are bad?
Mohamed : In my (2).............., not all games are bad.
Basant : If you don't play all the time, it (3)..................be a problem.
Mohamed : In my opinion, (3) ....games late at night stops you sleeping.
Basant : I agree. It is not a good (4)...................to play late at night.
Mohamed : Yes, I think so.
Basant : Do you think we should do exercise?
Mohamed : Yes, doing (5)....................is very useful.

2. Choose the correct answer from a, b, c or d

1. We use a.................to find out the time.
a. watch b. app c. book d. clocks

2. Ali is......................a doctor or an engineer.
a. neither b. also c. either d. both

3. The clocks use numbers or.........................to tell the time.
a. bags b. hands c. legs d. fingers

4. In Ancient Egypt, people used.............................
a. mobiles b. apps c. ebooks d. sundials

5. A famous scientist..................a watch.
a. invented b. invited c. stole d. robbed

6. If you don't know the directions, you can use a................
a. mob b. map c. app d. clock

7. If you are ill, take some...................to feel better.
a. poison b. sweets c. sugar d. medicine

8. I am looking forward to....................a new car.
a. buy b. bought c. buys d. buying

9. Listening to loud music can......................your hearing.
a. help b. improve c. tell d. damage

10. We start an email with...............................
a. Dear b. Best wishes c. See you d. Yours

3. Write a paragraph about:

Are you for or against online shopping

Unit (8) You are what you eat

Lessons (1&2)

word	meaning	word	meaning
allergic	لديه حساسية	falafel	فلافل
delicious	لذيذ	popular	محبوب / مشهور
energy	طاقة	Britain	بريطانيا
fast food	طعام سريع	chips	بطاطس مقلية
juicy	مليء بالعصير	samosas	سمبوسة
salty	مالح	vegetables	خضروات
spicy	كثير التوابل	Rojak	روجاك - وجبه ماليزية
activity	نشاط	sweet	حلو
spices	توابل	country	بلد / دولة
kind	نوع	chicken	لحم دجاج
Morocco	المغرب	enough	كافي
sugar	سكر	rice pudding	أرز بلبن
snack	وجبه خفيفة	washing up	غسل الاطباق
healthy	صحي	plates	أطباق
fava beans	فول أخضر	describe	يصف
bread	خبز	athletics	ألعاب القوى
nuts	مكسرات	pasta	مكرونة
careful	حريص	practice	تدريب
problem	مشكلة	netball	كرة الشبكة
lucky	محظوظ	good for	مفيد لـــ
full	شبعان	hungry	جائع

Definitions

allergic	having an allergy to something لديه حساسية
spicy	has a strong taste from spices. متبل
energy	the ability to do a lot of work without being tired. طاقة

delicious	very nice to eat لذيذ
salty	having the taste of salt مالح
juicy	full of juice مليء بالعصير
fast food	food that is served quickly in a restaurant or cafe. طعام سريع

Words and expressions

kind of	نوع من	take the plates to	يأخذ الأطباق الى
a cup of coffee	فنجان قهوة	do the washing up	يغسل الاطباق
make falafel	يصنع طعمية	only a little	قليل فقط
popular in Egypt	مشهور في مصر	Here you are	تفضل
buy...from	يشتري من	get home	يعود للمنزل
make at home	يصنع في المنزل	in the oven	في الفرن
parts of	أجزاء / قطع من	get ill	يصبح مريض
Just a little	فقط قليل	allergic to	لديه حساسة من
thank you	شكرا لك	go running	يذهب للجري
too much	اكثر من اللازم	on the way	في الطريق الى
why don't you..?	لما لا تفعل	try not to	حاول ألا تفعل
have a rest	يأخذ راحه	play squash	يلعب اسكواش
give energy	يعطي طاقة	make her strong	يجعلها قوية

Confusing words

kind of	نوع من	kind	طيب
fat	دهن	fat	بدين
snack	وجبة خفيفة	snake	ثعبان
chips	بطاطس محمرة	ships	سفن
chicken	لحم دجاج	a chicken	دجاجة
here	هنا	hear	يسمع
know	يعرف	no	لا
meat	لحم	meet	يقابل

Words and opposites

healthy	صحي	unhealthy	غير صحي
a little	قليل للكمية	much	كثير للكمية
a few	قليل للعدد	many	كثير للعدد
fast	سريع	slow	بطيء
careful	حريص	careless	مهمل
delicious	لذيذ	terrible	سيء
full	شبعان	hungry	جائع

Irregular verbs

مصدر	ماضي	تصريف ثالث	
get	got	got	يحصل على او يصبح
eat	ate	eaten	يأكل
take	took	taken	يأخذ
make	made	made	يصنع
buy	bought	bought	يشتري

Ze English Notes

1. chicken (اسم لايعد) لحم دجاج / a chicken (اسم يعد) فرخه او دجاجة

I don't like fish, I would like chicken.
I can see a chicken in the picture.

2. popular in محبوب او مشهور في مكان / popular with محبوب من

Falafel is popular in Egypt.
Falafel is popular with many people.

3. my + اسم = mine ملكي

This is my car.
This car is mine.

4. mustn't + مصدر ...... ممنوع أن تفعل الشيء

You mustn't park here.
You mustn't eat too much salt.

5. do .. homework / housework / the washing up غسل الاطباق

Let's do the washing up now.

6. play مع الالعاب التى تلعب بالكرة

go......... (ing) ــــــ مع الالعاب المنتهية بـ

do .... (ing) ــــــ مع باقي الالعاب والالعاب العنيفة حتى لو منتهية بـ

Let's play football in the club.
Let's go running in the park.
Let's do judo.
Let's do boxing.

7. Although بالرغم من / However, ... ولكن

Although he arrived early, he missed the bus.
He arrived early. However, he missed the bus.

Reading (1)

What I eat

My name is Imad. I am allergic to nuts , so I must be careful what I eat. If I eat something with nuts in it, I will get ill! for most of the time, this is not a problem. However, I like sweet things, and there are a few types of cake that have nuts in them, so I can't eat those. I am lucky because my mother makes me many different delicious things to eat at home. She says I should eat more vegetables and salad. I have a lot of fruit, and that's healthy!

I am Mustafa. I am on the school athletics team and I go running every day, so I need food that gives me energy. I eat a lot of rice and pasta every day. I also eat a few healthy snacks, like nuts. After athletics practice, my friends and I sometimes get some fast food, like pizzas, on the way home, but I try not to eat too much!

Reading (2)

Hi Tom,

How are you? Thanks for your last email. You asked me to describe my favourite snack. I love hawawshi and I often have it when I get home from school. It is easy to make. First, you need some nice bread. Then you put some meat and vegetables inside the bread. You can put some salt on it, too. I don't like to have any salt, though, because it is not very healthy. Now you cook it in the oven. It is delicious! Do you have any favourite snacks?
Describe them to me in your next email!
Best wishes,

Osama

Listening Text

Speaker (1)	Sfenj is a kind of cake from Morocco. It has lots of sugar and fat in it and is very sweet, so it is not very healthy, but I love it! We sometimes east Sfenj for breakfast and sometimes as a snack with some tea or a cup of coffee.
Speaker (2)	In many places, people use fava beans to make falafel. They are the best! Falafel is really delicious and it is very popular in Egypt.
Speaker (3)	In Britain, we often buy chips from a fish and chip shop. People often put salt on their chips. I don't put any salt on mine because I don't like salty food. It is not very healthy.
Speaker (4)	You can buy samosas on the street everywhere in India. Samosas have spicy vegetables inside them. People often eat samosas for a snack. I love to eat them with some hot tea.
Speaker (5)	Rojak is a fruit snack you can buy in the street in Malaysia and people also make it at home. Rojak is very sweet and juicy. People use different spices in different parts of the country , but It's always delicious.

Listening Text (2)

Grandmother	:	Would you like some more chicken, Amal?
Amal	:	Yes, please, just a little.
Grandmother	:	And would you like some more beans, too?
Amal	:	Yes, thank you, grandmother.. stop, that's enough! I mustn't eat too much.
Huda	:	Do you like chicken, Amal?
Amal	:	Yes, I love grandmother's spicy chicken. It's the best!
Huda	:	Thank you, grandmother, that was a delicious dinner!
Grandmother	:	Would you girls like some more rice pudding?
Huda	:	No, thank you, I am really full.
Grandmother	:	What about you Amal,?
Amal	:	Thank you, but I really couldn't. Why don't you have a rest now, grandmother? Huda and I can take the plates to the kitchen and we will do the washing up.

Exercises on vocabulary

1. Complete the following dialogue:

Waiter	:	How can I help you?
Abdo	:	I want the (1)....................to choose food.
Waiter	:	Ok, Her you are. What would you like to have?
Abdo	:	I would like some (2).................
Waiter	:	Would you like (3) ....with the fish?
Abdo	:	Yes, I would like a salad.
Waiter	:	(4)..................would you like to drink?
Abdo	:	I would like some juice.
Waiter	:	Anything (5)......................!
Abdo	:	No, thanks.

2. Choose the correct answer from a, b, c or d

1. Having an allergy to something means........................
a. funny b. allergic c. noisy d. alarm
2. ....means has a strong taste from spices.
a. juicy b. fatty c. spicy d. terrible
3. Fast....................is the food that is served quickly in a restaurant.
a. feel b. feed c. need d. food
4. ....means full of juice.
a. Spicy b. Juicy c. Lucky d. Unlucky

5. ....is the ability to do a lot of work without being tired.
a. Energy b. Fuel c. Environment d. Diving

6. ....means very nice to eat.
a. Tasteless b. Funny c. Terrible d. Delicious

7. Having a lot of salt means.............................
a. juicy b. salty c. molto d. few

8. Falafel and Sfenj are kinds of.......................
a. food b. trees c. juice d. spices

9. It is very sweet, so it is not very.....................
a. wealthy b. healthy c. wealth d. health

10. Falafel is delicious , it is..................in Egypt.
a. unpopular b. hated c. unknown d. popular

11. I don't need more, that is.....................
a. little b. few c. not many d. enough

12. The opposite of hungry is......................
a. fill b. fall c. feel d. full

13. I am ....to nuts and cinnamon.
a. allergic b. lazy c. bad d. funny

14. A................person has good luck.
a. unlucky b. lucky c. monkey d. late

15. People who practise sport need food that gives them.......................
a. energy b. medicine c. poetry d. clothes

16. Many sweets are not.................for us.
a. bad b. good c. terrible d. ill

17. We take turns to ....the washing up.
a. make b. burn c. mend d. do

18. After our meals, we take the...................to the kitchen.
a. planes b. brains c. trains d. plates

19. We..................swimming yesterday.
a. went b. played c. did d. done

20. Falafel is popular.....................Egypt.
a. with b. off c. on d. in

Countable and uncountable Nouns
الأسماء التى تعد والتى لاتعد

١ - الاسماء التى تعد (countable) هي أسماء مفرد ويمكن جمعها

* في حالة المفرد يأتي قبلها (a-an) وفي الجمع نضع (s-es-ies)

a book	books
a potato	potatoes
an apple	apples
an email	emails

ولكن يوجد جمع شاذ كالاتي

a man	men
a woman	women
a child	children
an ox	oxen
a loaf	loaves
a tooth	teeth
a mouse	mice

٢ - الأسماء التى لا تعد (uncountable) هي أسماء تعامل معاملة المفرد وليس لها جمع

- لا يأتي قبلها (a - an) ولا تأخذ (s) الجمع

water	مياه	furniture	أثاث
oil	زيت	money	مال
advice	نصيحه	equipment	معدات
information	معلومات	bread	خبز
news	أخبار	sugar	سكر
salt	ملح	tea	شاي

1. His advice was useful.

2. My tea is very hot.

٣ - نستخدم كل من (some) بمعنى بعض وكلمة (any) بمعنى أي قبل كل من الاسماء الجمع والأسماء التى لا تعد حيث تأتي :

* - تأتي (some) في الجملة المثبتة وكذلك عند الطلب أو العرض

1. I would like some tea.
Would you like some chicken?

2. I will buy some books.
Would you like some potatoes?

* - تأتي (any) في حالة النفي والسؤال

1. There isn't any milk.
Is there any milk?

2. I don't have any books.
Do you have any books?

٤ - نستخدم الكلمات الاتية بمعنى كثير من قبل الاسماء التى لا تعد والاسماء الجمع

a lot of / lots of

1. I have a lot of / lots of information.
2. I have a lot of / lots of friends.

٥ - كلمة كثير لها أيضا الاشكال الاتية

a lot of / lots of	many + اسم جمع
	much + اسم لا يعد

I have a lot of / lots of books. = many

I have a lot of / lots of information. = much

٦ - كلمة قليل لها الأشكال الاتية

few / a few + اسم جمع	قليل للعدد
little / a little + اسم لا يعد	قليل للكمية

Few people visited the zoo last week.
I need a little oil.

٧ - للسؤال عن الكمية والسؤال عن العدد نستخدم

How many + اسم جمع	كم عدد ....؟
How much + اسم لا يعد	كم الكمية ....؟

How many cups do you need?
How much tea do you need?

٨ - نستخدم كلمة (enough) بمعنى كافي وتأتي قبل الاسم وكذلك تأتي بعد الصفة

I don't have enough time.
She hasn't got enough books.
He is clever enough to answer the question.

٩ - نستخدم كل من (too much / too many) بمعنى أكثر من اللازم كالاتي

too much + اسم لا يعد

too many + اسم جمع

There are too many people in the room, it is very crowded.
There is too much noise, I will go out.

معلومات اضافية للطلبة المميزة

١ - الكلمات المنتهية بـ (ics) تعامل معاملة المفرد مثل

athletics	gymnastics	physics	economics

1. Athletics is my favourite sport.
2. Physics was my favourite subject.

٢ - قبل الاسماء التى لا تعد يمكن استخدام بعض ادوات التجزئة كالاتي

a glass of water	a liter of milk
a cup of tea	a bar of soap
a piece of advice	a piece of meat
a bag of tea	a loaf of bread

1. I will buy a kilo of meat.
2. Please, give me a loaf of bread.
3. He gave me a piece of advice.



٣ - الأشياء المكونة من جزئين لا ينفصلا تعامل معاملة الجمع مثل

shoes	socks	glasses	scales

My shoes are black.
His glasses were broken.

ويمكن قبل الكلمات السابقة استخدام كلمة (a pair of)

I have a pair of shoes.
She bought a pair of socks.

لا حظ الفرق الاتي

tea	شاي	a coffee	فنجان قهوة
glass	زجاج	a glass	كوب
paper	ورق	a paper	جريدة
chicken	لحم دجاج	a chicken	دجاجه

Exercises on language

2. Choose the correct answer from a, b, c, or d

1. Have you got..................apartment or a house?
a. some b. many c. a d. an
2. Are there..............tickets?
a. some b. a c. an d. any
3. How....................money do you have?
a. much b. many c. long d. few
4. How..................pounds do you have?
a. much b. many c. little d. weight
5. I have...................news for you.
a. any b. a c. many d. some
6. Windows are made of...........................
a. glasses b. a glass c. many glasses d. glass
7. Please, I want a...................of bread.
a. loaves b. leaf c. loaf d. leaves
8. Would you like ....chicken?
a. any b. some c. many d. few
9. He is poor, he has......................money.
a. many b. much c. a lot of d. little
10. Athletics.....................my favourite sport.
a. is b. are c. have d. were

11. I will buy a.....................of shoes.

a. cup b. bar c. kilo d. pair

12. Not many equals..............................

a. much b. many c. few d. little

13. There are too...............................books in the bag. I can't carry it.

a. few b. much c. many d. enough

2. Complete the sentences with the correct form:

1. How.....................(many) time have you got at the moment?
2. I haven't got.....................(some) money.
3. I would like.........................(a) bread , please.
4. Fathers give children useful......................(pairs) of advice.
5. There are..........................(any) boys in the class.
6. He lost two........................(tooth) in the accident.
7. He gave me........................(an) advice.
8. How ....(many) money do you need?
9. Not....................(much) people help the old man.
10. Our furniture............(were) bought from Tanta.
11. I have......................(money enough) to buy the books.



Lessons (3&4)

word	meaning	word	meaning
beat	يضرب / يخفق	flow	ينساب / يتدفق
bone	عظمة	quiz	اختبار قصير
dairy products	منتجات ألبان	fresh	طازج
durian fruit	فاكهة الدوريان	butter	زبده
fry	يقلى	omelette	أومليت
frying pan	طاسة القلى	take out	يخرج
pour	يصب / يسكب	half	نصف
protein	بروتين	chop	يقطع
serve	يقدم	bowl	سلطانية
smell	يشم	beans	فول
taste	يتذوق	boil	يغلى
skeleton	هيكل عظمي	soup	شوربة
wooden	خشبي	Philippines	دولة الفلبين
common	شائع	century	قرن (١٠٠ عام)
liquid	سائل	ground	أرض

Definitions

beat	to mix food quickly with something يضرب / يخفق
bone	one of the hard parts of the skeleton عظمة
dairy products	things that are made from milk like cheese منتجات ألبان
durian fruit	hard green fruit with soft yellow inside فاكهة الدوريان
fry	cook something in hot oil يقلى
frying pan	a flat, metal pan used for frying food. طاسة القلى
pour	make a liquid flow out of something يصب - سكب
protein	one of the things found in food such as meat to make body strong بروتين
serve	provide food or drinks يقدم الطعام
smell	know what something is using your nose يشم
taste	know what something is when you put it in your mouth يتذوق

Words and expressions

types of	أنواع من	put in a pan	يضع في طاسة
a glass of	كوب من	smells bad	رائحته سيئة
bad for teeth	ضار بالاسنان	tastes good	مذاقة حلو
pieces of	قطع من	looks unusual	يبدو غير عادي
feel full	يشعر بالشبع	on the outside	من الخارج
make omelette	يصنع اومليت	make juice	يصنع عصير
add to	يضيف الى	for most people	لمعظم الناس
pour into	يصب في	popular in	مشهور في
serve with	يقدم مع	put under	يضع تحت
take it out	يخرج الشيء	for a long time	لمده طويلة

Confusing words

dairy	منتجات البان	diary	مفكرة
every day	كل يوم	everyday + اسم	يومى
pan	طاسة	ban	يمنع
chop	يقطع	shop	محل
smell	يشم	smile	يبتسم
soup	شوربة	soap	صابون
cheese	جبنة	chess	شطرنج

Words and opposites

healthy	صحي	unhealthy	غير صحي
strong	قوي	weak	ضعيف
inside	داخل	outside	خارج
usual	معتاد	unusual	غير معتاد
popular	مشهور - محبوب	unpopular	غير معروف
expensive	غالي	cheap	رخيص
give	يعطي	take	يأخذ

Irregular verbs

مصدر	ماضي	تصريف ثالث	
beat	beat	beaten	يهزم / يخفق
feel	felt	felt	يشعر
take	took	taken	يأخذ
put	put	put	يضع
think	thought	thought	يفكر - يعتقد

Ze English Notes

1. century (١٠٠ عام) قرن / decade (١٠ سنوات) عقد
A century is a period of 100 years.
A decade is a period of ten years.

2. dairy ألبان او منتجات البان / diary مفكرة يومية
We should eat dairy products to be strong.
He writes about his life using his diary.

3. taste / feel / smells + صفة
Some food smells bad.
He feels full.

4. How to make كيفية صنع
I will tell you how to make a salad.

Reading (1)

Unusual but delicious

Some food smells bad or looks unusual but still tastes good!
" Durian Fruits" grow in Indonesia and Malaysia. Some fruits can be 30 centimeters long. They are hard and green on the outside, but soft and yellow on the inside. Some people don't want

to eat them because they smell terrible, but they ate healthy and taste delicious. People use durian fruits to make juice, ice creams and soup.

In the Philippines, people eat something called" Champorado" with "Tuyo" for breakfast. Champorado is sweet chocolate rice and Tuyo are small salty fish. For most people, It is unusual to eat sweet and salty things together, but it is popular in the Philippines !

In China, people eat eggs that are months or years old! They are called century eggs and they are black and green inside. To make them, people put fresh eggs under the ground for a long time. Century eggs smell a lot and have a salty taste, but lots of people think they are delicious.

Reading (2)

How to make an Omelette

1. Beat two eggs in a bowl with little milk.
2. Add a little salt to the eggs and milk.
3. Heat some butter in a frying pan.
4. Pour the eggs into the frying pan and cook them in the butter.
5. When the omelette is ready take it out of the frying pan and serve with salad.

How to make a tomato salad

1. Take two big tomatoes and half an onion.
2. Chop all the vegetables into small squares.
3. Put the chopped vegetables into a bowl.
4. Add a little oil, salt and lemon juice.
5. Serve the salad with your Omelette.

How to make foul mudammas

1. Wash some beans and put them in a pan.
2. Add some water and salt to the beans.
3. Heat the beans in the water until it boils.
4. Pour some lemon juice over the hot beans.
5. Serve it with warm bread.

Listening Text

A healthy food quiz

1. If you want to be healthy, you should eat.........................
a. only fruit and vegetables
b. a lot of meat and cheese
c. Some of all types of food

2. We need to drink...................glasses of water every day.
a. eight
b. two
c. four

3. Dairy products like milk and cheese help us to..................
a. have lots of hair
b. have strong bones
c. run fast

4. Meat, cheese and nuts have protein in them and we need protein to..............
a. sleep well
b. move fast
d. have strong body

5. A lot of sugar...................
a. makes it difficult to sleep
b. is bad for your teeth
c. makes you sleep longer

6. Examples of healthy snacks are...................
a. fruit and nuts
b. chocolate and sweets
c. salty chips

7. People need to eat..........pieces of fresh fruit and vegetables.
a. one to two
b. five to ten
c. one

8. People often like fast food because................
a. it has lots of fat and sugar in it
b. it gives you energy
c. you can eat a lot of it and not feel full

9. Food is usually healthy and good for you when it is...............
a. expensive
b. fresh
c. from a big supermarket

Exercises on vocabulary

1. Listen and choose the correct answer from a, b, c , or d

1. What is the first step to make Omelette?
a. chop the eggs b. Beat the eggs c. serve the eggs d. throw the eggs
2. What should you add after that?
a. salt b. fish c. sugar d. ice cream
3. Where should you pour the eggs into ?
a. frying fan b. frying pan c. box d. fridge
4. What can you serve with the Omelette?
a. fish b. meat c. ice cream d. salad

2. Choose the correct answer from a, b, c or d

1. To............is to mix food quickly with something.
a. hear b. beat c. wait d. hate
2. To provide food or drinks means........................
a. surf b. serve c. curve d. cure
3. To..................means to make a liquid flow out of something.
a. poor b. fly c. hit d. pour
4. A.................pan is a flat, metal pan used for frying food.
a. frying b. flying c. paper d. wooden
5. .... products are things that are made from milk like butter and cheese.
a. daily b. fairy c. diary d. dairy
6. A.................is one of the hard parts of the skeleton of a person or an animal.
a. horn b. born c. torn d. bone
7. To be healthy, we should eat.......................food.
a. different b. the same c. poison d. dirty
8. Milk and cheese make our.....................strong.
a. nails b. fingers c. bones d. books
9. Our food should contain..........................
a. protein b. vitamins c. wood d. A & B
10. Food is healthy and good for you when it is.....................
a. stolen b. fresh c. rotten d. terrible

11. ....the eggs to make omelette.
a. Peel b. Feel c. Beat d. Kill

12. We should..................the beans first.
a. wash b. wish c. dish d. hatch

13. Heat the butter in a frying......................
a. ban b. fan c. pin d. pan

14. After cooking food, we...................it with salad.
a. eats b. sells c. serve d. has

15. Some food..........................bad or unusual.
a. small b. smiles c. melt d. smells

16. We can eat this food because it has a....................taste.
a. good b. wonderful c. terrible d. delicious

17. A....................is a period of 100 years.
a. day b. year c. decade d. century

18. He writes about his daily life in his.......................
a. dairy b. diary c. dream d. bin

19. Dairy products are made........................milk.
a. off b. into c. from d. form

20. Hearing and smelling are ....
a. subjects b. senses c. hobbies d. sports

Language

Imperative صيغة الأمر

يوجد نوعان من الأمر

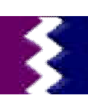
١ - أمر مثبت يبدأ بـــالمصدر بدون أي اضافات

1. Beat the eggs.
2. Chop the vegetables.
3. Serve the salad.
4. Study your lessons.

٢ - أمر منفي (نهي عن فعل الشيء) وييكون كالاتي

Don't + مصدر

1. Don't eat too many sweets.
2. Don't come late again.
3. Don't waste your time.
4. Don't make friends with bad people.



1. Choose the correct answer from a, b, c, or d

1. ....the eggs in the bowl.
a. Puts b. Putting c. To put d. Put
2. ....drink many fizzy drinks.
a. Not b. Don't c. Doesn't d. Didn't
3. ....a little sugar to the eggs.
a. Adds b. Added c. Adding d. Add
4. ....the vegetables into small pieces.
a. Chop b. Chopped c. Chops d. To chop
5. ....hard to get high marks.
a. Study b. Don't study c. Studied d. Studying
6. ....the beans with warm bread.
a. Served b. Serves c. Serving d. Serve
7. ....watch too much TV.
a. Don't b. Doesn't c. Didn't d. Aren't
8. Don't.....................friends with bad people.
a. made b. making c. makes d. make
9. Don't share information with strange people. The word " Don't" means............
a. always b. usually c. often d. never
10. ....your homework well.
a. Do b. Does c. Don't d. Doesn't

2. Complete the sentences with the correct form:

1. ....(Adds) a little oil to the beans.
2. ....(Pouring) some lemon juice to the fish.
3. Don't..............(arrives) late.
4. ....(Studies) well to get high marks.
5. ....(Don't) the washing up to help your mother.

Lessons (5&6)

word	meaning	word	meaning
diet	نظام غذائي	conclude	يلخص
pepper	فلفل	Okinawa	جزيرة اوكيناوا
spinach	سبانخ	island	جزيرة
meals	وجبات	main	رئيسي
bring	يحضر	reason	سبب
energy	طاقة	purple	ارجوانى اللون
depend on	يعتمد على	sweet potato	بطاطا
babies	أطفال صغار	dairy	ألبان
aged	في عمر	products	منتجات
surprise	يفاجيء / مفاجأة	soup	شوربة
West Africa	غرب أفريقيا	recipe	وصفة
Senegal	السنغال	olive	زيتون
furthermore	بالاضافة الى	fridge	ثلاجه
protein	بروتين	enough	كافي
point	نقطة / فكرة	cook	طباخ / يطبخ
exercise	تمرين / تدريب	cooker	بوتجاز
art	الرسم	problem	مشكلة
upset	يزعج / يضايق	kitchen	مطبخ
contain	يحتوي على	dessert	الحلو / حلوى
dishes	أطباق / وجبات	honey	عسل
carbohydrates	كربوهيدرات	do athletics	يمارس ألعاب القوى
recover	يشفى	healthy	صحي

Words and expressions

feel hungry	يشعر بالجوع	in the world	في العالم
How about + ing..?	لما لا...؟	such as	مثل
a good idea	فكرة جيدة	important point	نقطة هامة

give energy	يعطي طاقة	on the island	على الجزيرة
how much sleep	كمية النوم	main reason	سبب رئيسي
depend on	يعتمد على	start the day	يبدأ اليوم
a night	في الليلة	That's why	لذلك
children aged	الأطفال في عمر	the recipe for	وصفة لـ
8 hours' sleep	٨ ساعات نوم	cook for	يطبخ لمدة
healthy diet	نظام غذائي صحي	serve with a salad	يقدم مع السلطة
worried about	قلق بخصوص	make cakes	يصنع كيكة
have enough time	عنده وقت كافي	do exercise	يتدرب

Confusing words

sleep	ينام	asleep	نائم
point	نقطة	paint	يلون
conclude	يلخص	contain	يحتوي على
reason	سبب	season	فصل
pepper	فلفل	paper	ورق
soup	شوربة	soap	صابون
world	العالم	word	كلمة
cook	طباخ	cooker	بوتجاز
desert	صحراء	dessert	حلو

Words and opposites

good	جيد	bad	سيء
bigger	أكبر	smaller	أصغر
west	غرب	east	شرق
start	يبدأ	finish	ينهي
enough	كافي	not enough	ليس كافي
early	مبكرا	late	متأخر
like	مثل	unlike	عكس

Irregular verbs

مصدر	ماضي	تصريف ثالث	
bring	brought	brought	يحضر
draw	drew	drawn	يرسم
give	gave	given	يعطي
know	knew	known	يعرف

Ze English Notes

1. How about + v + ing...? = Why don't you + مصدر.....? التعبير عن الاقتراح

How about watching TV?
Why don't you watch TV?

2. enough + اسم / صفة + enough كافي

He has enough time.
He is kind enough to help people.

3. age = at the age of في عمر

Children aged 10 = children at the age of 10.

4. furthermore + جملة كاملة = In addition to + ing

He played football. Furthermore, he watched TV.
He played football in addition to watching TV.

Reading (1)

A healthy diet

It may surprise you to know that West African countries have one of the healthiest diets in the world. Why is this?

Firstly, people in countries such as Senegal, Mali and Sierra Leone eat a lot of fruit and vegetables, which are very healthy. Furthermore, the people eat a lot of rice, nuts and fish. These have a lot of protein.

Another important point is that the people of West Africa don't eat much food with a lot of salt and sugar in it.

To conclude, a healthy diet means eating enough healthy things like fish and vegetables, and not eating a lot of salt, sugar and fast food.

The Okinawan diet

I come from Okinawa in Japan and the diet on my island is very healthy. This is for three reasons. Firstly, we eat a lot of fresh vegetables. We eat green purple and yellow vegetables like spinach, sweet potato and peppers. Furthermore, we don't have much fat in our diet: we only eat a little meat and a few dairy products.

Another important thing is that we eat a very healthy breakfast. We have soup with spinach or egg with rice, and this gives us lots of energy to start the day. As you can see, our diet is healthy. That's why Okinawans live a long time. Some of the oldest people in the world live on my island.

Reading (2)

Don't eat fast food

It is good that you don't eat fast food, but if you feel very hungry between meals, it is a good idea to have a snack. How about bringing a few healthy snacks to school on the days when you have athletics club? If you want to have more energy, why don't you try eating more food that gives you energy like rice and pasta? Perhaps you could eat a bigger breakfast in the morning , too.

How much sleep we need

How much sleep should we have? The answer depends on your age. Very small babies sleep for about 14 or more hours a day ! Children aged six to seventeen should sleep for about ten hours a night. Then you need less sleep. Most people aged 18- 65 need about eight hours' sleep.

Listening Text

Ali My name is Ali. My mum and dad own a restaurant and I often help in the kitchen. The cook is my friend and he is teaching me to make different cakes. The problem is , I am always trying them, so I eat too many cakes. I also know I don't do enough exercise, but That is because I don't have time. When I am not at school or doing my homework, I am usually at the restaurant. I don't want to stop helping my parents, so I don't know what to do.

Eman I am Eman. I do a lot of sport and I have a very healthy diet. I eat lots of fruit and vegetables and I almost never eat fast food. I never eat snacks either, not even when I am really hungry after athletics club. I know eating snacks isn't good for you. But I am tired all the time. I never feel I get enough sleep, even when I go to bed early! I want to have more energy.

Tamer I am Tamer. I want to go to art school when I am older, but I don't have enough time to do any drawing or painting at the moment. I am working really hard at school. I am worried about my exams. My mother doesn't think I eat enough, so then she gives me even more food. I don't want to upset her, so I can't tell her It's too much!

Videoscript

Narrator There is a lot of delicious, healthy Egyptian food. Dishes like Kushari and Rozz Me'ammar are enjoyed by many in Egypt and around the world. But which Egyptian food is good for you before and after you play sport?

Ful medames is a dish made of beans. People usually eat this with a little bread. The beans and the bread contain something called carbohydrate. Carbohydrate gives you energy to do sport.

Rice, pasta, fruit and vegetables contain a lot of carbohydrate, so why don't you eat these things before you go swimming or do athletics?

Sugar also gives us energy to do sport. You can find sugar in chocolate, sweet, honey and desserts like basbousa and Kahk.

But you should only eat a little sugar because it is bad for your teeth.
After you play sport, how about eating food that contain protein? protein is something that helps our body to recover after exercise.
Meat , fish and dairy products, like milk and cheese, contain a lot of protein. So, you should eat things like Kofta, Sayadia or Shakshouka after you play sport.
It is important to look after your body. You should do exercise and eat a healthy diet.

Exercises on vocabulary

1. Listen and choose the correct answer from a, b, c, or d

1. Where is Zokora from?
a. Japan b. China c. Egypt d. France
2. How is diet in her island?
a. unhealthy b. funny c. healthy d. wealthy
3. What vegetables does she eat?
a. spinach b. rice pudding c. pasta d. carrots
4. Does she eat much meat?
a. Yes, she does b. No, she doesn't c. maybe d. I don't know

2. Choose the correct answer from a, b, c or d

1. A...............is the kind of food that you eat every day.
a. height b. weight c. diet d. light
2. How about.......................some healthy snacks?
a. bring b. brought c. brings d. bringing
3. Lunch and dinner are my favourite.....................
a. subjects b. languages c. sports d. meals
4. To have more.............., eat healthy food.
a. energy b. friends c. money d. family
5. You should depend..................yourself.
a. of b. off c. on d. in
6. We should sleep eight hours a....................
a. month b. year c. week d. night
7. Senegal and Mali are countries in Western......................
a. Europe b. Asia c. Africa d. America
8. To................., a healthy diet means eating enough healthy things.
a. include b. conclude c. flow d. explode
9. Okinawa is an.....................in Japan.
a. country b. village c. city d. island

10. There are three....................for his absence.

a. seasons b. idea c. point d. reasons

11. ....products are useful for our health.

a. Daily b. Poisonous c. Dairy d. Diary

12. He works as a....................in a restaurant.

a. engineer b. artist c. cooker d. cook

13. Do you know the ....for pizza?

a. recipe b. family c. mother d. daughter

14. Would you like me................some cheese?

a. buy b. bought c. buying d. to buy

15. Honey , basbousa and Kahk are kinds of ....

a. desert b. dessert c. court d. port

3. Write a paragraph of about (90) words on

" Healthy food"